

## Choose the Right Study Strategy

### **PASSIVE strategies...**

don't require you to think about the material deeply leading to superficial understanding of the concepts. Examples include:

- × Flashcards (sometimes!)
- × Rewriting notes
- × Rereading chapter summaries
- × Looking over chapter outlines
- × Rereading textbook
- × Reviewing highlighted material from your textbook

### **ACTIVE strategies...**

require you to **THINK** about and **REORGANIZE** information to promote long term understanding of concepts more deeply. Examples include:

- ✓ Explaining material in your own words, from memory, without using your book
- ✓ Developing a concept map or a flow chart to reorganize the material
- ✓ Answering practice questions on the material (self-developed or from textbook or old tests) – avoid “pattern matching”
- ✓ Relating theories to made up stories or real life, personal examples
- ✓ Looking at the charts and diagrams in your textbook and explaining what is going on in your own words – “break” diagrams
- ✓ Answering Higher Order Thinking Questions – Why? How? What if?

**Learn more tips and strategies in our online video series or by scheduling an individual academic coaching session.**

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